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(ES). VILLAR LAGUNA, Rafael [ES/ES]; Vial Flora de
España, 12, 3ºA, E-03016 Alicante (ES). GONZALEZ
LOYOLA, Daniel [ES/ES]; Calle Camí Fondó, 2, Esc.
14 7ºA, E-03560 El Campello (ES). CABEDO SERNA,
Ricard [ES/ES]; Avda. Abufereta, 45, E-03016 Alicante
(ES).

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(74) Agents: PONTI SALES, Adelaida et al.; Oficina Ponti,
S.L., C. de Condell de Cent 322, E-08007 Barcelona (ES).

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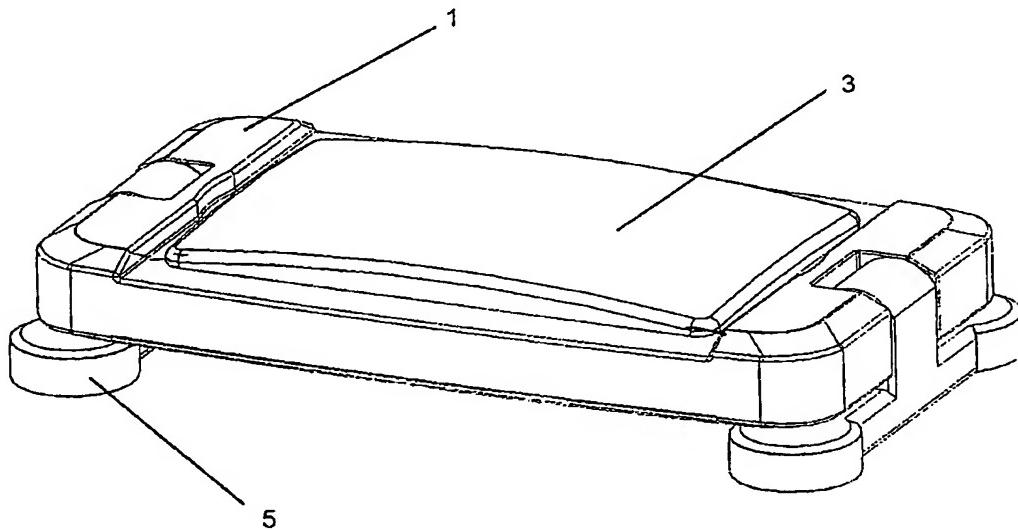
(71) Applicant (*for all designated States except US*): PRO-
TECTIVE COMFORT GROUP, S.L. [ES/ES]; Polígono
Carrús, Calle del Aguila 15, E-03291 Elche (ES).

(72) Inventors; and

(75) Inventors/Applicants (*for US only*): REQUENA PE-
NAT, Marcos [ES/ES]; Urbanización La Almajada, Calle
del Aguila 15, E-03110 Muchamiel (ES). GUTIERREZ
DE CABIEDES HIDALGO DE CABIEDES, Eduardo
[ES/ES]; Avda. Barañain, 2, 6º B, E-31011 Pamplona

[Continued on next page]

(54) Title: DEVICE FOR DOING PHYSICAL EXERCISES



(57) Abstract: Device to carry out physical exercise that comprises a double-sided support (1), with one upper and one lower side, one of which is considerably rigid and the other includes an inflatable flexible element (3) or the like, and it is characterised in that it comprises resting means for the support that allow users to carry out aerobic and cardio exercises and to work on their physical condition in general using the considerably rigid side. Thanks to these characteristics, the device of the invention is reversible and allows users to work on the areas of aerobic, cardio, balance, proprioception and coordination.

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